

Bremer County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- One of the top three health issues facing Bremer County according to a survey done is obesity.
- The second health issue identified in our county survey was cancer.
- The third health issue identified in our county survey was heart disease.
- A risky behavior identified in our survey was underage drinking.
- Another problematic health behavior area identified in our survey for risky behavior was illegal drug use.
- Another social issue identified in our county survey is poor parenting skills. 56.5% of respondents identified this as a problem in the county.

Prevent Injuries

Problems/Needs:

- The top injury prevention topic identified for Bremer County in our survey was texting or using a cell phone while driving.

Protect Against Environmental Hazards

Problems/Needs:

- The top area of environmental concern in Bremer County identified in our survey was outdoor air quality (asthma triggers).
- The second area of concern identified in our survey was safe drinking water.
- The third area of concern identified in our survey was old septic systems.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- In a disease outbreak, there may be limited staff available to investigate the disease outbreak.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- An issue identified in the Bremer County survey was that 50.7% of residents said they were not prepared for a natural or man-made disaster.

Strengthen the Public Health Infrastructure

Problems/Needs:

- One issue identified in the Bremer County survey was that 45.9% of those responding to the survey felt that they lacked adequate health insurance coverage.

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>A goal for the county is to reduce obesity by 5 % by June 30, 2016.</p> <p>Baseline data for this goal are from:</p> <p>Countywide public health survey: 83.2% identified obesity as a top health issue facing the county.</p> <p>Baseline data from Iowa Public Health Data Warehouse, IDPH:</p> <p>Data from BRFSS for 2002-2008 noted 20.66% obesity rate.</p> <p>Data from BRFSS for 2002-2008 noted 19.81% reported not participating in physical activities or exercises in the past month.</p> <p>Data from 2009 communityhealth.hhs.gov website:</p> <p>Reported obesity rate of 20.2%</p> <p>Reported no exercise 19%</p> <p>Reported few fruits/vegetables 74.9%.</p>	1. County-wide coalition will increase knowledge of available resources for physical exercise with press releases by June 30, 2016.	Waverly Area Partnership for Healthy Living	June 30, 2016.
	2. Work with community grocery stores to highlight fruits and vegetables.	WAPHL Coalition and the VNA	June 30, 2016.
	3. Work with community schools to increase availability of fruits and vegetables for students and staff. Investigate starting a Pick A Better Snack program with them.	Visiting Nursing Association/Bremer County Public Health and school nurses.	June 30, 2016.
	4. Establish website that lists community activities throughout the county by June 30, 2016.	Waverly Health Center	June 30, 2016.
	5. Increase purchase of healthy foods for children who qualify for Women, Infant and Children program.	Women, Infants and Children program	June 30, 2016.
	6. Promote Older Americans month in May with community walks.	Area Agency on Aging	June 30, 2016.
	7. Registered Dietician will be made available to community groups for education about diet.	Waverly Health Center	June 30, 2016.

Goal	Strategies	Who is responsible?	When? (Timeline)
<p>By June 30, 2016 decrease the rate of child abuse and neglect by 5.</p> <p>Baseline data for this goal:</p> <p>On county survey, 54.6% of respondents identified poor parenting skills as a top social issue facing the county.</p> <p>Iowa Kids Counts 2009</p>	1. Provide public education about the Period of Purple Crying.	Visiting Nursing Association and Waverly Health Center.	June 30, 2016
	2. Expand participation in Homes with Health Children program and other home visiting programs.	Visiting Nursing Association/Bremer County Public Health	June 30, 2016.
	3. Increase participation in free 1,2,3, Magic parenting program.	Waverly/Shell Rock Schools.	June 30, 2016
	4. Provide twice yearly community events: Day of the Child yearly in October and Family Fun Fair in April.	Bremer County Community Partners Coalition	June 30, 2016
	5. Family Nest program provides resources for families for basic needs (based on points system).	Waverly Health Center	June 30, 2016